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Kim De Gagne's Christmas trees have all been sold — and he's planning on going to Hawaii with his wife this spring.
 ELIZABETH CAMERON/
 FOR METRO

Playing for pennies

PROFESSION
Musicians' group wants better pay for club gigs



Musicians deserve to be paid for their craft, and according to the Calgary Musicians Association, they're not making enough — especially from the local bar and club scene.

"Essentially, we're making close to the same pay that we were making probably 35 years ago," said Doug Kuss, secretary treasurer.

"We're seeing more and more of things like jam sessions and just poor pay for musicians in general, in the club market."

While corporate and festival events pay better, Kuss is advocating for a minimum performance rate in the club and bar scene.

The Calgary Musicians Association rec-

ommends a fee of \$168 for a bandleader or solo musician and \$112 for each additional side musician, per three-hour booking.

Colin Canning, marketing manager with Commonwealth Bar & Stage, said he absolutely agrees that a musician's time is worth the money — but wouldn't be able to work with those rates.

"When you look at a music venue like ours, a band of four would now be a little over \$500," he explained. "If we want to put three or four bands on a bill, that's now \$1,500 or \$2,000, which would be a lot."

Canning said each individual band negotiates their own rates, but venues also take on the costs of marketing those shows and watching their bottom lines. At the recommended rates, he feels it would lead to fewer bands being booked or higher ticket prices, especially for local acts.

Meanwhile, Kuss hopes for a change in attitude towards bands — they should be treated like any working professional, whether that's a doctor or a tradesperson. And with that should come a decent wage, considering the money bands spend on equipment and the time and training that goes into honing their craft.

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Ninja warrior training begins

FITNESS

InjaNation challenge designed by athletes

Elizabeth Cameron
For Metro | Calgary

Have you ever wanted to train like a ninja?

A new fitness facility in Calgary has brought all the elements of having fun and getting fit under one roof, complete with an obstacle course straight from the TV show American Ninja Warrior.

"The competitors (on the show) were so enthusiastically cheering for each other, and we really loved that vibe," said Tim Ritchie, co-founder of InjaNation.

Ritchie and his partner, Mike West, created the facility to foster a family-friendly atmosphere while being an Olympic athlete-grade training centre. Both Ritchie and West have backgrounds in oil and gas, but call InjaNation a "passion project."

"The ninja course is the central theme, but we've added a high-end training experience," Ritchie said.

The highlights inside include a military-style obstacle course, climbing walls, and trampoline pits. There are areas for young children to play safely and space for their caretakers to hang out while supervising.

The facility, which opened a little over a month ago, is designed to appeal to families with young children, groups of friends, extreme athletes and anyone in between.

"Instead of a hyper-competitive 'I win, you lose' mindset, I think people want to go somewhere with a group of friends and have fun, and achieve their personal best," said Ritchie.

"We have people coming multiple times a week who are training for their summer races, but the core (participants are) families and birthday parties," he added.

Nathaniel Miller, a former Olympian from the 2008 summer games in Beijing, is working with InjaNation to design camps for children and weekly athletic classes for adults. Miller said those programs will be rolled out as early as this spring.

"In my own life, I'm getting reconnected to how much fun it is to play," Miller said.

He has been coaching water polo, his main sport, as well as teaching yoga and rugby for the past 22 years. Miller calls InjaNation "pure fun."

"It's basically an indoor playground," Miller said.

Ritchie said InjaNation wants to encourage people, and hopefully they get a workout as well.

"It's our goal that they not only do an obstacle course, but also grow as people," Ritchie said.

"It's the best type of workout, you came and played, but after an hour, you're pretty tired."



Mike West and Tim Ritchie, co-founders of InjaNation, try out the ninja warrior obstacle course at the fitness centre.

ELIZABETH CAMERON/FOR METRO



Nathaniel Miller is working on programs for people to work out on InjaNation's trampolines.

ELIZABETH CAMERON/FOR METRO



We're not even sure what this obstacle is called, but it will probably make your abs hurt.

ELIZABETH CAMERON/FOR METRO



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IN BRIEF

Lock up premier, rallies call at Conservative event

The crowd chanted "lock her up" as Conservative leadership hopeful Chris Alexander spoke about Alberta Premier Rachel Notley's energy policy at an Edmonton rally.

As they chanted the refrain that became popular during president-elect Donald Trump's campaign, Alexander smiled, nodding along. Alexander, a former immigration minister, says he thinks the chant is "wrong," and tried to change the refrain to "vote her out," which he says isn't picked up by the video. THE CANADIAN PRESS

Council to consider Chinatown development

Administration is recommending the city go ahead with a new Area Redevelopment Plan for Chinatown, and push forward with a controversial development within the community's boundaries.

Area Coun. Druh Farrell said the recommendation includes sending the matter back to Calgary Planning Commission for a concurrent development permit. METRO

Son's ashes stolen from mother, police investigate

Calgary police are looking for contents stolen from a purse — including ashes of the victim's son, who died six months ago.

Police believe two women entered Henry's Pub at the Sheraton Cavalier Hotel Saturday, stole the purse, and drove away in a silver, four-door car (2008 or newer Mitsubishi Lancer). At about 1:15 a.m., the thieves used credit cards from the purse at the 7-11 at 7233 Ogden Rd. SE. Police ask witnesses to call Crime Stoppers. METRO

Child care a 'patchwork': Study

EDUCATION

Provincewide survey shows high costs, long wait lists



Kevin Maimann
Metro | Edmonton

Alberta's child-care system is a "patchwork" market that needs fixing, according to a new report from Public Interest Alberta.

The group released results of a provincewide survey of child-care providers Friday showing long waiting lists, high costs and broad variances in staff training.

"We don't really have a child-care system in Alberta. It's a patchwork child-care market, really," said Public Interest Alberta executive director Joel French.

"It's always kind of been a free-for-all. Private providers, whether they be for-profit or non-profit, pop up where they think there's a need and they try to fill it. Some of them are better quality and some of them are lower quality."



"Some of them are better quality and some of them are lower quality."
Joel French

Public Interest Alberta released a report on Alberta's child-care system. TORSTAR NEWS SERVICE FILE

French applauded the Alberta government's recent announcement that it will fund 18 early learning and child-care centres while capping fees before subsidy at \$25 per day.

While he said the current NDP government is the first to make child care a priority, however, he added Alberta has a lot of catching up to do.

Currently, nearly half of

low-income families are paying more than \$300 a month for child care.

While about half of respondents reported no waiting list, the other half have an average

waiting list of 59 children — which could mean people are waiting for years.

About 40 per cent of respondents don't provide any care for babies under 19 months old.

"The ones that are on the waiting lists are the ones that want to work — and maybe in some cases are working, but they're relying on family members to come and pick their children up and get them ready for school in the morning," French said.

"It can be very, very difficult for families who really want to be in the workforce or are in the workforce."

The Terra Centre, a school for pregnant and parenting teens, run by Edmonton Public Schools, provides free child care for infants as young as three weeks — but its 77 spaces are not enough to accommodate its 100-plus students.

The centre's early childhood development manager Carol Sullivan worries about the lack of spaces available for graduates.

"When our students graduate from here, if their baby is under 19 months it's going to be very difficult for them to find care," she said.

CIVIC ENGAGEMENT

Youth getting vote and voice in party politics



Josie Lukey
For Metro | Calgary

When Adam Brown turned 14, he celebrated by purchasing a membership to the Progressive Conservative (PC) Association of Alberta.

For the now 19-year-old working on PC leadership candidate Richard Starke's campaign, engaging youth can help encourage them to start exploring Alberta's political system — even if it's a bit unorthodox.

With the delegate system currently being used by the PC's in the leadership election, youth as young as 14 are given the opportunity to be eligible to vote in a delegate selection meeting (DSM) or to be elected as a delegate.

"I do think that having party memberships even if (youth) are not allowed to vote in a general election does give us more of a voice, but I do totally understand that sometimes parents will sign their kids up for certain memberships and stuff and it gets

into kind of a grey area," said Brown.

Memberships can be purchased to the PC and New Democratic Party (NDP) parties of Alberta at the age of 14.

But according to Lori Williams, political science professor at Mount Royal University, the low age requirement can be either positively or negatively managed by parties.

"It's not necessarily a bad thing. If everything hinges on the nature of that engagement," Williams said.

"If it's positive if it's in-

clusive and respective that's good."

"If it isn't then it can certainly give a distorted impression about what democracy is all about."

Delegates are elected in 87 constituencies in Alberta, where each constituency has a DSM to elect 15 delegates. Once all delegates have been elected, they'll gather in Calgary in March to vote for the next leader.

A minimum three of 15 delegates for each riding must be a youth between the ages

of 14 and 26.

Katherine O'Neill, PC president, said a minimum of 265 delegate spots for youth will be at the table making the decision for the next leader. She said although 14 is perceived as young and though some youth are not able to legally vote, youth are never excluded from the party.

"There's lots of smart kids that want to get involved and we want them to be involved and to be at the table helping us pick our next leader," said O'Neill.

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GIVING BACK

Founder got start running orphanage in Tanzania



Jennifer Friesen
For Metro

Dawn Schaller describes it as "kind of an accident."

She first travelled to Africa when she was 24 to climb Mount Kilimanjaro and go white water rafting — but, eight years later, she was still living in Tanzania volunteering at an orphanage she built.

Schaller returned to Canada in 2013, but opened Moyo Spa in August to continue supporting people in Tanzania and across the world.

"None of this was a plan," she said. "It's like having a little baby: you start off with one project and it's crawling, and then it starts walking and then it starts run-

ning. All of the sudden it wasn't even a conscious decision to stay. You just keep going and don't think about it."

Schaller first arrived at a Tanzanian orphanage after political unrest broke out while she was in Zimbabwe. She thought she'd work with the children for a while before moving on, but was then offered \$5,000 from her uncle to help out on the ground.

She used the money to transform the orphanage, which prompted their director to ask her if she'd like to build her own.

"I was like, 'OK,'" she laughed. "I was 24, going to save the world and not knowing any different."

Schaller returned to Canada in 2006 and fundraised \$40,000 for the project before flying back, buying land, hiring contractors and building the orphanage.

They began with 20 children, and the number soon grew to 40. Schaller has stayed a part of their lives ever since and is continuing to put them through college.

As the children grew and went off to school, she continued working with Global Peace Network,



Dawn Schaller built an orphanage in Tanzania in 2006 and started Moyo Spa after returning to Calgary as a way to keep giving back to others across the world. JENNIFER FRIESEN/FOR METRO

hosting health initiatives, building BioSand water filters, and helping to build a school and hospital.

"We noticed it wasn't just the orphans who needed help," she said. "It was the community

around us."

Two years ago she started The Round World project with four friends. Together, they travel the world supporting women's groups and selling their handi-crafts back in Canada.

All of the profits go back to the women who make them, including a group of women who will be making foot files and gift bags for sale at Schaller's spa. Moyo Spa will also continue to use its profit to support the children's

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educations back in Tanzania.

"For eight years we were fundraising to support these organizations," she said. "So now I have my own place to fund them."

Through the generous support of friends, family and strangers, Schaller has raised hundreds of thousands of dollars for her projects — and she shows no sign of stopping after coming home.

"We're so fortunate over here and we have so much to give," she said.

"It's easy to keep giving when you've lived with people who have nothing and they still survive and laugh and play and come together as a community. You realize we have so much here, so it's not even something you think about, it's just a part of who you are."



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UNIVERSITY OF CALGARY

Students clash over pipeline

Elizabeth Cameron
For Metro | Calgary

Less than 12 hours after students at the University of Calgary painted the campus' rock to send a message of support to the Standing Rock Sioux Nation, the rock was covered with a decidedly opposing message.

Justine Keefer, who helped paint the rock with a traditional medicine wheel on Thursday, found out the morning after that someone had replaced their paint job with what she described as pro-oil messages.

One section of the rock was painted black. The words "drill baby drill" were left behind.

"Everyone has a right to whatever their opinion is," Keefer said, but added, "I don't understand why it would upset someone enough that they felt like they needed to cover it up."

The rock was promptly repainted with additional messages of support by several students, including Keefer.

"It was hard to fix, the medicine wheel concept was lost unfortunately," Keefer said.

She explained there is no set policy about who can paint the rock and when, but there is what Keefer calls an "honour system" when it comes to



Students repainted the rock the next day, after the original design was covered up with pro-pipeline messages.

ELIZABETH CAMERON/FOR METRO

respecting student paint jobs.

Typically, paint projects are left alone for at least 24 hours after they are complete.

"It's mainly based on respect," she said.

Keefer said she has a lot of respect for the oil and gas industry, and what it has done for the country, but her con-

cerns lie with indigenous consultation and environmental issues.

"We are so reliant on oil, even in my own daily life. But it's not going to be here forever, and I think we have to make choices based on what's best for future generations," she said.



Nick de Lima said although he doesn't like the results of the election, he wants people to keep a critical eye on president-elect Donald Trump. JENNIFER FRIESEN/FOR METRO

Toon in to Trump watch

POLITICS

Animated shorts made to inform and entertain youth

Josie Lukey
For Metro | Calgary

Nick de Lima was never interested in politics, that is until Donald Trump won the Republican nomination.

The 25-year-old Mount Royal University (MRU) student said at that point he wanted to start following president-elect Trump and comment on his political endeavours through animated

shorts. Canadians About Merica Politics (CAMP) Trump Watch was developed by de Lima over the past year to encourage millennials to participate in political discourse while offering up a unique and sometimes hilarious voice.

"Politics, it seems repetitive, like, people in parties get elected and then parties are pushing their platforms and then Trump came in and he was completely different," said de Lima.

Wanting to gather the Can-

adian millennial perspective of president-elect Trump, de Lima interviews his friends and colleagues and turns their conversations into animations. Each episode is about six to 10 minutes long and looks at one policy or hot topic. For example, the first episode that was released Tuesday discusses the results of the election.

According to de Lima, he wanted to help explain politics in a more fun and engaging way. "I want people to be happy with

the experience that they're given with my videos. I do like to think that everything I put out there will be entertaining and educational," said de Lima.

Along with presenting information to people, de Lima adds that he really just wants people to start thinking about what they see and hear.

He said if he can educate people in a fun way, chances are, more people his age will start taking an interest in politics. New episodes are uploaded every Tuesday, where shorts feature an analysis on North American Free Trade Agreement (NAFTA) and the White House transition. Watch the first episode and follow the series by subscribing to CAMP Trump Watch on YouTube or liking the page on Facebook.

Politics, it seems repetitive, people in parties get elected and then parties are pushing their platforms and then Trump came in and he was completely different. Nick de Lima

HOLIDAYS

Write a wrong for the homeless this Xmas

Everyone needs a good hug during the holidays. Which is why Angela Dione signed her handwritten Christmas letter destined to be received by a homeless Calgarian with "sending warmth and a hug."

As part of a campaign called MakeItMerry, individuals are invited to handwrite Christmas cards that will be delivered to three Calgary homeless shelters throughout December.

Barb Marshall, who founded the campaign last year after visiting a homeless shelter, said she

got the idea wondering when the last time any of the people in the shelter received a Christmas card. As an advocate for everything handwritten, she said it was a meaningful way for everyone to get involved.

"The handwriting is so personal, messy maybe, beautiful, whatever — it's unique to that person," said Marshall.

Last year, the organization only had a goal of 80 cards — it ended up receiving more than 1,200 from across Canada, U.K. and the U.S. Because the group

1,200

MakeItMerry had an initial goal of sending 80 cards to homeless people, but the campaign ended up yielding 1,200.

will be giving cards to homeless people at three different shelters this year; the Drop-in Centre, the Mustard Seed and Feed the Hungry, it wishes to collect

2,100 cards. "It's actually the gift of time, because somebody took that time out of their life," said Marshall. "It's the gift of time that's actually behind handwriting, that wow, somebody actually sat down and thought about me and wrote me a letter."

Christmas cards are encouraged to be mailed by Dec. 15, but if you have more than one card, volunteers will pick them up if you send the organization an email at info@makeitmerry.ca.

JOSIE LUKEY/FOR METRO

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HOLIDAYS

Kim De Gagne has completely sold out of Christmas trees

Elizabeth Cameron
For Metro | Calgary

Kim De Gagne sold his last Christmas tree on Saturday night, almost a month ahead of schedule.

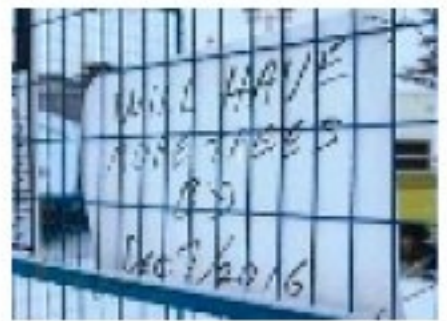
He sold 132 trees in one day, a record for the 11 years he has been in business.

In previous years, De Gagne said he would sell around seven trees a day.

"My lowest count this year was 20 trees in one day," he said.

"It's never been like this before in my life."

De Gagne is going to be occupied with treating his cancer now that he is sold out of trees.



De Gagne is getting one more shipment for his regular customers.

ELIZABETH CAMERON/FOR METRO

He was diagnosed with multiple myeloma, an incurable form of the disease, three years ago.

At the end of March, he's getting a second stem-cell transplant, because his first has stopped being effective.

Once he's recovered from that procedure, De Gagne and his wife are off to Hawaii. It was not financially feasible before, but with some generous donations and the help of social media, the vacation is a go.

"I don't know what I can say to the people of Calgary to make them understand how much I appreciate them," he said, tearing up.

"I think this is our chance."

He has a few more trees arriving this week, but the wait list is long.

De Gagne's main concern is getting trees to his regular customers who have not been able to obtain one because of the influx of caring Calgarians, like Meaghan Cowan.

Cowan read De Gagne's story online and immediately knew she had to help.

"Two minutes after reading (about his story), we knew we had to go," Cowan said.

Cowan was not alone. A Facebook post asking Calgarians to help De Gagne by purchasing a tree from him was shared nearly 20,000 times.

"Knowing you're helping a fellow Calgarian, giving some hope back to someone, is why I think everyone wanted to get their trees from him," she said.



Kim De Gagne stands in front of his empty tree lot, which means he is funded to travel to Hawaii with his wife this spring. ELIZABETH CAMERON/FOR METRO

Cowan raced from downtown to De Gagne's lot in McKenzie Towne, and purchased both a tree and a wreath just before the lot closed for the day.

Cowan and her husband have a small artificial tree for their downtown apartment, but she

said they felt pulled to help De Gagne.

"If everyone helps a little bit, it goes a long way. Especially in this economy, the Christmas giving spirit is the only way to get by," she said.

Growing up, Cowan never

had a real Christmas tree. She described the experience of visiting De Gagne's lot as "amazing."

"It was crazy how big it exploded. I was hoping he would sell out, and I'm so happy he did," Cowan said.

FUNDING

Business groups need new tax base



Brodie Thomas
Metro | Calgary

A group of councillors are taking steps at Monday's meeting to make sure that Business Revitalization Zones (BRZs) continue to get funding after business taxes are phased out.

The city is currently shifting business tax away from businesses and towards landlords in 2019.

However Coun. Richard Pootmans noted that could cause a problem for BRZs, which are now mostly known as Business Improvement Areas (BIAs).

The groups are made up of several hundred merchants. Their typical annual operating budget is several hundred thousand dollars, according to Pootmans.

Previously, the city would approve a BRZ's budget, and then the amount would be split among BRZ members and added onto their business tax.

With business taxes going away, Pootmans said the city will soon have a problem collecting the funds they once got from businesses.

Pootmans' notice of motion, which was also signed by Couns. Gian Carlo Carra, Andre Chabot and Ward Sutherland, asks administration to look for other possible ways to collect BRZ and BIA levies from businesses directly.

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Aaron Pollock tries to find his strongest emotions to put into his songs — with the hope listeners can find something to connect to. AARON CHATHA/METRO

Nashville eyes local musician

COUNTRY MUSIC

Aaron Pollock wrote 50 songs in order to find his voice, style



Aaron Chatha
Metro | Calgary

Nashville, the seat of legendary country music in America, has its eyes on one talented Calgary writer.

Musician Aaron Pollock has been announced as one of the Nashville Songwriters Association international songwriters to watch. He has garnered attention for unique and promising writing skills, according to the release.

"It feels good man," he chuckled. "There are a lot of people sending their songs in to the organization. It's a huge honour."

And like any good country vignette, it's been a rocky road to ride into this particular sunset.

A few years ago, Pollock was actually working in the Alberta Legislature.

"I decided I was unhappy doing that and music had always been in the back of my head," he said.

So Pollock moved to Calgary and began focusing on rock music. He even made it into the top 10 in Toronto's Indie Week festival.

"A producer there, he called me up after the finals and said, 'Just a little friendly advice, but you need to work on your style. You can play and sing, but your songs need some work,'" he recalled.

So, Pollock made it his goal to write 50 songs within a year. Currently, he's actually closer to 70. Through this experience, he began co-writing, experimenting more and even found that his style better suited country music.

For non-songwriters, 50 songs can be an intimidating feat — considering Pollock hasn't even released his album yet. He's truly trying to get the best possible material together, where every single song is a winner.

"Interesting quote that I heard: 'If you wait around for inspiration, you're not a writer, you're a waiter,'" he said. "It's a funny quote, but the process to me is like writing essays in school: It's hard to get started, but the more you work at it, the easier it is to get into the flow."

Pollock hopes to release an album next year. Follow his progress at www.aaronpollock.ca.



Interesting quote that I heard: 'If you wait around for inspiration, you're not a writer, you're a waiter.' Aaron Pollock

CHARITY

Race to help send kids with cancer to camp



Brodie Thomas
Metro | Calgary

Calgary runners will have a new 10 kilometre road race to take part in next June, just in time for Father's Day.

The Sporting Life 10K has already opened registration at runcalgary.com.

Kirsten Fleming, executive director of Run Calgary, said the race should pair nicely with

the already popular Mother's Day Race.

"The Mother's Day run is an institution in this town, so we thought we would give the dads out there a reason to come out and run for a cause and support Kids Cancer Care and hopefully create a tradition around Father's Day Weekend," said Fleming.

The event is sponsored by Sporting Life, a fitness store in the Southcentre Mall. The chain has hosted other suc-

cessful events in Toronto and Ottawa.

Fleming said the Toronto run raises about \$2 million per year.

She said the organization has fundraising goals for Calgary, but isn't ready to talk about them just yet.

The race costs \$55 to register. With that, each runner gets a T-shirt, a medal, a 20 per cent off coupon for certain items, as well as a \$35 gift certificate from Sporting Life.

The race's charity partner

will be Kids Cancer Care.

Christine McIver, founder and CEO of Kids Cancer Care, said the money raised will primarily be used to help send sick kids of Camp Kindle in Mountain View County.

"Cancer camps are just one of the things we do for kids in the province, but I think they (Sporting Life) really like the idea that they can contribute to an organization that is focused on healing kids and healthy lifestyles."

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Right-wing extremism exists in Canada

But Canadian values and laws make it difficult for people similar to U.S.-based white nationalists to unite north of the border.

KRISTEN THOMPSON FOR METRO

The morning after Donald Trump won the U.S. presidential election, many Canadians took to social media to express dismay, mixed with and a hefty dose of smugness. "Thankful to live in Canada" people wrote. "Good luck, 'Merica."

Almost as quickly, hate crimes began to be noticed on this side of the border. To suggest these were the work of trolls ignores the reality that right-wing extremism already existed here.

The reality is that roots of the right-wing movement in Canada can be traced back more than a century. Trump's win has simply given legitimacy to those who already held racist, homophobic and sexist beliefs. People are calling it "the Trump effect" — the idea that his rhetoric is emboldening racists in the U.S., and here at home.

"The Trump election has brought these seedy characters out of the shadows," says Barbara Perry, a professor in the faculty of Social Science and Humanities at the University of Ontario

Institute of Technology, who specializes in hate crime.

CANADA VS. THE U.S.

The far-right in the U.S. and in Canada share many of the same core values: They tend to believe the "white" way is under attack, are usually anti-immigrant and anti-Muslim, and hold homophobic and misogynistic beliefs.

Those who subscribe to the American far right in particular also tend to be highly nationalistic, suspicious of government, and passionate about individual liberties such as the right to own guns.

The Canadian context is a little different, according to Ryan Scrivens, a PhD student at Simon Fraser University who studies criminology and right wing extremism. For one, there is less emphasis on gun rights and survivalism. And the far-right network on this side of the border is less organized, and suffers from discord and infighting.

WHAT KEEPS THEM FROM ORGANIZING



This poster found in Toronto recently caused outrage across the country. TWITTER.COM

Canada's history is different from that of the U.S., and the path we carved out for ourselves has led to a relatively tolerant society that celebrates diversity. This set of values makes it hard for extremism to take root here, so say our experts.

When talking about "the seething racial tensions and xenophobia, I'd have to say we

are far off that boiling point," says Arne Kislenko, Associate Professor of History at Ryerson University, and an instructor in the International Relations Program at the University of Toronto.

"Canada is no paradise, and we have many problems of our own, including those related to discrimination and racism. But

we have, I think, built a comparably more harmonious, open, and liberal society that stands fundamentally opposed to the kind of divisions we have seen exposed in the U.S."

WE HAVE DIFFERENT LAWS

If racist sentiment flourishes in an environment where it's not challenged, then perhaps our

hate laws — and the U.S.' lack thereof — play a key role in that.

"White supremacists exist in Canada, but it's illegal to draw swastikas on the side of synagogues," says Ayesha S. Chaudhry, Associate Professor of Islamic Studies and Gender Studies at UBC.

BUT WE'RE NOT PERFECT

"This is a wake up call for all of us not to tolerate injustice in our communities," says Chaudhry. "We really need think about the way that we systematically (condone) inequality in our justice system. The fact that we have a higher incarceration rate (for certain groups) means we are structurally discriminating against them, so it's important for Canadians to come together and look at this seriously."

Chaudhry adds that these groups thrive in an environment that doesn't acknowledge or stand up against them, and the media has a responsibility to keep this conversation alive, and interrogate people who espouse views that reflect intolerance.

First Nations tackle sexual abuse scourge

Fred Kejick Thomas remembers the exact day — April 14, 2005 — when he confronted the uncle who had sexually molested him when he was four years old.

The 68-year-old from the Lac Seul First Nation in northwestern Ontario took it upon himself to confront his demons, but not everyone has that kind of strength — rather, it's up to community leaders to forge real, lasting solutions and push them aggressively at the national level, say the many in-

digenous victims of childhood sexual abuse who took part in a months-long investigation by The Canadian Press.

Kejick Thomas sums up the problem bluntly: "We have a lot of perpetrators."

Assembly of First Nations National Chief Perry Bellegarde has urged his organization's chiefs to summon the courage to acknowledge the painful legacy of abuse on reserves. The AFN holds its annual meeting this week in Gatineau, Que.

THE CANADIAN PRESS

Being a sister in 2016 more different than ever

Sheila Sullivan was one of 58 prospective religious sisters to join Montreal's Congregation de Notre-Dame in 1964.

In 2016, only one woman in Canada has applied to join the religious community.

As church attendance declines and the community shrinks with age, some of Notre-Dame's sisters are carving out a new reality in a secular age: one that includes embracing social media and, at times, modern activism.

The congregation's activities are chronicled on their social media accounts: interviews with sisters on YouTube; Twitter links

to articles on ending violence toward women; and Facebook posts documenting recent gatherings.

Their website has a section on social justice and environmental issues, as well as a page titled "To Be A Sister In 2016."

Sullivan and her fellow religious sisters Marilyn von Zuben and Lorraine Costello have all celebrated more than 50 years of service. They're also three of the youngest and most active members of a dwindling congregation and are doing their best to adapt their 400-year-old institution to the modern age.

THE CANADIAN PRESS



Notre Dame Sisters Sheila Sullivan, from left, Martha Lucia Perez Gutierrez, of Guatemala, Lorraine Costello, Ercilia Janeth Ferrera Erazo, of Honduras, and Marilyn von Zuben. THE CANADIAN PRESS

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Feds block Dakota Access pipeline route

STANDING ROCK

North Dakota leaders say the decision sends 'chilling signal'

The U.S. Army Corps of Engineers said Sunday that it won't grant an easement for the Dakota Access oil pipeline in southern North Dakota, handing a victory to the Standing Rock Sioux tribe and its supporters, who argued the project would threaten a water source and cultural sites.

North Dakota's leaders criticized the decision, with Gov. Jack Dalrymple calling it a "serious mistake" that "prolongs the dangerous situation" of having several hundred protesters who are camped out on federal land during cold, wintry weather. U.S. Rep. Kevin Cramer said it's a "very chilling signal" for the future of



Activists celebrate at Oceti Sakowin Camp on the edge of the Standing Rock Sioux Reservation on Sunday outside Cannon Ball, N.D. AFP/GETTY IMAGES

infrastructure in the United States.

The four-state, \$3.8-billion project is largely complete except for the now-blocked segment underneath Lake Oahe, a Missouri River reservoir. Assist-

ant Secretary for Civil Works Jo-Ellen Darcy said that her decision was based on the need to "explore alternate routes."

"Although we have had continuing discussion and exchanges of new informa-

tion with the Standing Rock Sioux and Dakota Access, it's clear that there's more work to do," Darcy said. "The best way to complete that work ... is to explore alternate routes."

The company constructing the pipeline, Dallas-based Energy Transfer Partners, had said it was unwilling to reroute the project. It had no comment Sunday.

Morton County Sheriff Kyle Kirchmeier, whose department has done much of the policing for the protests, said that "local law enforcement does not have an opinion" on the easement and that his department will continue to "enforce the law."

U.S. Secretary for the Interior Sally Jewell said in a statement that the Corps' "thoughtful approach ... ensures that there will be an in-depth evaluation of alternative routes for the pipeline and a closer look at potential impacts."

THE ASSOCIATED PRESS

OAKLAND

Teens among dead in warehouse fire

The death toll from a fire that tore through a warehouse hosting a late-night dance party in Oakland climbed to 33 on Sunday as firefighters painstakingly combed through rubble for others believed to still be missing.

Less than half of the charred remains of the partly collapsed structure had been searched, and crews clearing debris were expected to find more bodies as they advanced, Alameda County Sheriff's Sgt. Ray Kelly said.

Officials said they have identified seven people who were killed.

Among them is Donna Kellogg, according to her father, Keith Slocum. He declined addi-

tional comment.

Kelly said those killed range in age from teenagers to 30-plus years old.

Anxious family members who feared the worst gathered at the sheriff's office to await word on their loved ones. They were told they may have to provide DNA samples to help identify remains.

The building known as the "Ghost Ship" had been carved into artist studios and was an illegal home for a rotating cast of a dozen or more people, according to former denizens who said it was a cluttered death trap with few exits, piles of wood and a mess of snaking electric cords.

THE ASSOCIATED PRESS

ITALIAN PREMIER LOSES REFERENDUM

Italian Premier Matteo Renzi says he is resigning after a stinging defeat on a constitutional reforms referendum that he staked his premiership on. The populist 5-Star Movement



says it's poised to govern Italy. The Movement, led by comic Beppe Grillo, spearheaded the winning "No"-vote campaign in a referendum on constitutional reforms. THE ASSOCIATED PRESS

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Gift of financial well-being

HOLIDAY

Retailers make it easier to bestow things of lasting value

Instead of the latest toy or gadget, some people are trying to give their loved ones more financial security this holiday season.

While it's long been possible to hand out cash, buy stock or contribute to college savings plans, financial institutions and retailers are making it easier to bestow a gift with lasting value.

Among them is Stockpile, a company in the U.S. that sells gift cards that can be redeemed for stock, which is rolling its products out to more than 14,000 stores this holiday season after seeing success at other retailers. College savings plan administrators, which see contributions peak at the holidays, have been adding new ways to donate.

Financial gifts can be tricky, though — givers need to be aware of the tax and social implications.

Ann Coulsen, an assistant professor at Kansas State's Institute of Personal Financial Planning, called such gifts a "wonderful and practical idea."

Here's a look at the ins and outs of some popular financial gifts:

CASH

Cash is easy to get and easy to give, but it doesn't build value the way other options do. And for a large gift, be aware of the tax rules.

Giving a small amount of money each year is a common estate planning tool, but gifts from one person to another may be needed to be reported by the giver on their taxes and may be subject to gift and estate taxes. You may want to consider taking that cash and put-

Cash is easy to give, but it doesn't build value the way other options do. iStock

ting it in mutual fund or other longer-term investment.

COLLEGE SAVINGS

A popular suggestion by financial planners for gifts to young children is contributing to a college savings plan.

College savings plans may grow tax-free, and withdrawals for educational expenses may also be untaxed. The giver may get a tax break as well.

To give you either need to establish a savings plan or contribute to an existing one, which requires knowing a few personal details. There are also third-party options that require less

STUDENT LOAN PAYMENTS

The average debt at graduation for a bachelor's degree was \$35,000 US last year, so a worthwhile gift for many young people may be helping pay that down. A check will suffice or you can pay the lender directly.

STOCK

Giving stock is a way to encourage an interest in investing over the long term. The giver may avoid the capital gain consequences of cashing in the shares themselves. But the tax implications for the recipient are tricky depending on their age, the value of the stock and more — so it may be worth consulting a professional.

In the United States, people without brokerage accounts or those who want to start small can even buy stock at the checkout line. Stockpile, which is sold in about 40 retail chains like Target, Safeway and Kroger, allows someone to buy a gift card for a dollar amount worth of stock, rather than the price for a share. Putting it in gift-card form makes it easier to give, says Dan Schatt of Stockpile.

THE ASSOCIATED PRESS



legwork.

ANIMAL HEALTH

Cattle undergo TB tests

More than 22,000 cattle at farms in Alberta and Saskatchewan are quarantined due to bovine tuberculosis, causing hardship for ranchers and millions in compensation payments and other costs.

The Canadian Food Inspection Agency is testing cattle to determine the extent of the outbreak and the source of the contagious bacterial infection. So far six cattle have tested positive for bovine TB, all from one infected herd.

Dr. Harpreet Kochhar, the agency's chief veterinary officer, says generally bovine TB does not pose a threat to the public. The bacteria can travel through the air and could pose a threat if a person inhaled it for months.

Canada has been officially free of the disease since the 1920s, but has had a few cases from time to time. The U.S. is currently dealing with some bovine TB cases. Maintaining the TB-free status allows Canada to reassure trading partners and ensures Canadian beef producers can continue to export their products to multiple countries.

The CFIA says about 10,000 cattle are to be destroyed. These cattle will be tested before they are slaughtered. Any animal that shows any reaction to the test will be disposed of and will not enter the food chain. CFIA inspectors will double check the carcasses of any animals that test negative.

THE CANADIAN PRESS

INVESTMENTS

Canadian corporations selling off art collections

When Xerox Canada moved its Toronto headquarters in August, it just couldn't find a place for Dance of the Owl, a square stonecut-and-stencil print of an Inuit child playing with a lively owl.

The print was consigned to

Heffel Fine Art Auction House, which sold it for \$600 in an online auction along with several other Xerox-owned works.

Vancouver-based Hefel Fine Art is the same auctioneer that raised a record \$11.2 million at a live auction in Toronto of Group

of Seven artist Lawren Harris' colourful Mountain Forms painting on Nov 23. The canvas was sold on behalf of Calgary-based owner Imperial Oil.

Both sales illustrate a growing interest by Canadian corporations to sell off their art collec-

tions, auction house owners say.

Like Xerox, Imperial's decision to sell the Harris painting and a major portion of the art it collected over 70 years is also related to a move.

Hefel president David Hefel said some companies built

large art collections in the 1970s and '80s, but the buying stalled during an economic downturn in the early 1990s.

Hefel said a bigger influence is the trend toward open concept office design.

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MARKETING

Turf sold after defects came to light: Report

The leading maker of artificial sports turf sold more than 1,000 fields to towns, schools and teams across the United States after its executives knew they were falling apart faster than expected and might not live up to lofty marketing claims, according to an investigation by a news organization.

Montreal-based FieldTurf said that the turf it began selling in 2005 was revolutionary for its "unmatched durability" and that it would last a decade or more. But records obtained by NJ Advance Media show that as early as 2006, key FieldTurf executives became aware the turf, known as Duraspine, was cracking, splitting and breaking apart long before it should, and long before the public had been promised.

FieldTurf — a division of pub-

licly traded French flooring maker Tarkett — said it never misled or defrauded customers and called such claims "completely false." The company stressed that the problem does not compromise player safety.

Most of the fields, which fetched \$300,000 to \$500,000 or more, were paid for with tax dollars. FieldTurf sold 1,428 of those fields in the U.S. from 2005 until the product was discontinued in 2012.

The company said that the problem has not affected the "significant majority" of Duraspine fields, and that failures came primarily in places like California and Texas, where intense ultraviolet radiation caused the product to break down after only a few years of use.

THE ASSOCIATED PRESS



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I want to buy an expensive Christmas gift for the person I've just started dating. Am I being too forward?

Dear Ellen,
What is the etiquette for buying Christmas presents when you've just started dating someone? I met a guy a week ago, and I already know exactly what to get him: a Low-Temperature Stirling Engine Kit from Lee Valley Tools. I don't know what it is, but he thought it was pretty cool, so I ordered one for him. But now I'm worried it might seem too forward? What do you think?

Signed,
Jenny

Dear Jenny,
I think this is a very lucky guy because I looked up the Low-Temperature Stirling Engine Kit, and it does look cool, though I can't tell if it makes tea or runs on tea. For \$189 plus tax, I'm thinking it should maybe do both.

But you're right. It could seem forward if he's not thinking of you as a serious romantic partner/investment at this point. Maybe not as forward as a box of sex toys from your local love shop. But still problematic if he shows up empty-handed or (worse) with a cheap, thoughtless, last-minute chocolate orange from the drugstore.

Part of me loves the idea of giving him the cool, expensive engine kit, because I totally relate to shopping for The Perfect Gift. Unfortunately this sometimes

Whatever social debacle that results will quickly clarify the terms of the relationship.

results in buying fabulous, unique items for people I don't even like, and dumping defeatist gift certificates on loved ones who are hard to shop for. But when creative shopping is part of the fun, 'tis better to give, in my books.

Then again, another part of me wants to advise against it, in case you show up with your magnificent gift and he shows up empty-handed, not wanting to seem forward himself. Worst-case scenario is that he feels terrible, bad, small and cheap because you in your enthusiasm have gone

overboard so early in the relationship. You could possibly avoid this by dropping major hints well ahead of time, or even say outright that "Santa may be dropping something down my chimney for you" (which sounds both gross and suggestive, but you get the idea). Still, it's a risk.

On the upside, whatever social debacle that results will quickly clarify the terms of the relationship. If you've duly delivered the requisite gift-giving hints, and he still shows up empty-handed, you'll know you have someone on your hands who is a

cheapskate, or an emotional trifter, or a clueless clod who can't take a hint, or all of the above. He, meanwhile, may conclude that you are a wonderful angel he's not worthy of, or an emotionally manipulative spendthrift he has to dump immediately.

It's also possible you'll both survive an awkward situation, and have a funny story for years to come. Why not? In the crapshoot that is Christmas, anything is possible. Even miracles.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

It's obvious we need to reform the Liberals' electoral-reform process

An all-party committee spent months listening to testimony from over 200 experts on how to reform our electoral system. The committee heard what the experts said and concluded it was time for an expert opinion. In their final recommendation, they said it would be best to ask the public via a referendum.

I'm not in favour of referenda. The question could be as simple as "Does Tim Horton's serve coffee? Yes or No?" and the ensuing public debate would be rancorous and divisive. The Yes camp would call into question the other side's patriotism while the No camp would wonder aloud if Tim Horton's coffee is technically coffee and not a "caffeinated liquid." ("Of course, they serve coffee but what they really serve is unity in a time of uncertainty" is precisely the kind of column someone like me would write.)

There would be Facebook posts, Twitter debates and, oh God, imagine the hashtags. This being the future, a smart woman might say something like "Coffee is not for me," and would be besieged by coffee nationalists calling for her death. In 2013, Scottish comedian Susan Calman made jokes about the Scottish independence referendum for which she was sent death threats. Since I'm invested in a) making jokes about electoral minutiae and b) not dying, a referendum seems like a bad way to go.

The Liberals would rather not have a referendum either.

Except that they too have decided to ask the public. The government will be mailing out postcards to 15 million households; the household will then go online to answer questions about their "values" pertaining to democratic reform. Family Game Night, watch out.

Despite all these gestures toward fact-finding and consultation, the Liberals seem uninterested in electoral reform now that they're in government. You can tell because during question period on Thursday, they decided to let Maryam Monsef make jokes about her colleagues. It did not go well, and she has since apologized. A quick way to let a good conversation is to let earnest people do comedy.

Nonetheless, both options feel rather like punting the decision. Having watched the pound collapse after Brexit, I'd rather not stock up on gold bars and offshore accounts because of a vote on mixed-member proportional versus whatever the other option is. And answering questions online about my voting values is the least exciting activity the Internet has to offer.

A referendum, an online survey — the upshot of both is a lack of leadership and a dearth of decisiveness. After months of expert testimony and a cross-country tour by the minister, there ought to be an answer here. The public has already been consulted: we held an election last year and picked 338 people who should make some decisions.

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RELATIONSHIPS

Young couples delay breaking up because they can't make rent alone

Megan Haynes
For Metro Canada



Annette Jones* knew she and her boyfriend of two years weren't going to last.

She'd been unhappy for months, and he was withdrawn. But they shared a large social circle. And she cared deeply for him.

She also couldn't afford to leave.

The 30-year-old from Kanata works in the service industry and doesn't make a lot of money. She didn't have much in the way of savings. She worried about making rent for a place on her own.

In short, she was too broke to break up. As the months dragged, she grew bitter and depressed.

"It made me feel helpless — like I was stuck, like I had no autonomy," she says.

The pair did eventually break up, though Jones says the relationship probably lasted six months too long.

"I think we both just sort of ignored the issue because he was also aware that my financial situation would put me in a rough place," she says.

She stayed with friends for a few weeks, and her ex helped her cover first and last month's rent when she found an inexpensive place to live. But she had to dip into her credit, which stressed her out further.

She isn't alone: a recent study from TD Canada found half of millennials and gen-Xers who were divorced or separated were not financially prepared to live life solo, while another 23 percent delayed a breakup because of unexpected costs.

While millennials in particular are delaying marriage (the average age of marriage is 31 for men, 28 for women, according to Statistics Canada), opting instead for common-law partnerships (the number of common law relationships grew 16 per cent between 2006 and 2011, according to the most recent census), breakups remain an inevitability, though there are few stats tracking decoupling.

But with generally lower wages and the high cost of living in cities, it can

Can't afford to live without you



ISTOCK

put a huge financial strain on couples — particularly those with young children, says Shelley Smith, a financial planner with TD.

"Breaking up is so, so stressful," she says. Preplanning is the key to alleviating this stress.

While no one plans for a breakup, it's

important for couples to come up with contingencies, such as separate savings that both parties contribute equally to, she says. However you save money, it should leave each party in a position to manage finances solo short-term should something catastrophic (such as a breakup, or worse, death) happen.

Financial autonomy is the key for any relationship, says Shannon Lee Simmons, a financial planner and owner of The New School of Finance. It's not about financial independence, she says, rather both partners need to know what's happening with the money.

"I've seen a lot of time where one

\$ WHEN IT ENDS

If you find yourself in a position where you aren't financially prepared to be on your own, here are a few ways to deal with the fallout.

■ **Build a timeline.** If both parties can co-exist in the same space, such as in different suites in a shared home, having a set time down the road for decoupling can be a good way for both parties to get on their feet financially, says financial planner Shelley Smith.

■ **Seek financial advice.** Smith says sometimes getting a third-party view on the situation can help. Financial planners can work with clients to identify goals and come up with a plan (as a couple or individually) to achieve those goals.

■ **Be realistic about expenses.** Maintaining a mortgage on a household that previously needed two sources of income isn't wise, nor is putting expenses on credit that can't be quickly paid off, says Simmons. Downsizing or moving may be necessary.

■ **Stay with family or friends.** While Simmons acknowledges this isn't always a possibility, when you can tap into a support network, it can not only help ease financial stress but also be a good source of emotional help.

person is the financial quarterback of the household — they handle all the finances — and then (the couple) gets divorced and that can be a huge smack in the face for someone who's been hands-off," she says. "It's not even just divorce — what if someone passes away? Do you know enough about how to take the reins (of the household) and run with it?"

And in the end, it's never worth staying in a relationship over money fears: while it can be stressful, there's always a way to manage finances, Simmons says. "Breakups suck, they're hard on everyone, but they're often necessary and people do pop up on the other side OK."

*Name has been changed



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12 reasons to get out of debt now



Having the weight of debt lifted off your chest means you can breathe easy and enjoy life more. iStock

ADVICE

Financial freedom wins to keep your eye on the prize

Gail Vaz-Oxlade
For Metro Canada



It's impossible to describe how good it feels to owe nobody nuthin'. You can stop banging your head against the wall for having racked up debt. Just imagine all the money you'll save on Advil.

If you're still working your way to debt-free forever, here are a dozen reasons why you should keep pushing forward:

12. You can breathe. Having had the weight of that debt lifted off your chest, you can breathe easy. It feels sooooo goood not having a hippo sitting on you.

11. You can live in the present. Satisfy today's needs and wants instead of paying for the past. Have that latte without feeling like a total doofus because the money should be going to pay off your debt. Want to see a movie, buy a book or take the kids on vacation? Go right ahead.

It's your money and you can do whatever you want with it.

10. You can brag to your kids. Use your experiences to teach them about money so they avoid the bad-debt traps. You may not have realized just where you were headed when you first decided not to pay off your credit card in full, but now you know. You can speak with authority when it comes to educating your kids about credit and how to use it wisely.

9. You don't have to worry about late fees and interest costs. Or where interest rates are going, or how the credit scoring system is jerking people around. You're in the clear. They can all go to hell.

8. You get to earn interest instead of paying interest. It may not be much but it sure feels good having the shoe on the other foot.

7. You no longer have to dread going to the mailbox or answering your telephone.

6. You can afford to save. For your children's education, your own retirement, and anything you want to buy. The future looks good.

5. You can become the finan-

cial guru of your gang. Go ahead and try it. It feels fabulous to inspire and encourage family and friends to take control of their money and their lives.

4. You can give. Y'know, there are only three things you can do with money: spend, save and give. You already know how good it feels to spend; that's how you got into debt in the first place. And it's a great feeling watching your money grow. Giving comes with its own rush.

3. You can quit your second, third and fourth jobs. Man, won't it be great to sleep in on Saturday morning?

2. You can set goals and start working toward them. Want to own a home? Have a family? Go back to school? You can do it with a plan and the money you're no longer spending on debt repayment.

1. You can blow a raspberry at every credit app that comes through the door and every telemarketer who offers to lower your interest rate.

That might be the best feeling of all.

For more money advice, visit Gail's website at gailvazoxlade.com

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5

GIFTS FOR \$25 OR LESS (THAT THEY'LL ACTUALLY WANT)

Chances are good you're buying gifts on a budget this year — or, frankly, there are people on your list you're only willing to spend \$25 on. Here are some fun, quirky ideas that are sure to hit the mark.

LAUREN PELLEY/TORSTAR NEWS SERVICE

**1 A wild toolkit**

Give someone an entire zoo with this handy and charming animal multi tool by Kikkerland. Heads up: it does include a small knife, so think twice before gifting this to kids. These go for \$19.99 at Northwood General Store, northwoodgeneral.ca.

**3 Cozy toque**

When the temperature dips, the toques come out. This "expression hat" perfectly sums up winter in Canada: Freeeezing! It'll match any winter coat and it is a wool/nylon/viscose blend — in other words, it's not itchy, \$24.50. Available at chapters.indigo.ca and Indigo stores.

**4 Running buddy**

If you know a running junkie, give them this personal item SPIbelt belt to hold things like keys and lip balm when they're out for a jog. Bonus: it's not a fanny pack, \$23. Available at mec.ca and Mountain Equipment Co-op stores.

2 Trendy teapot

The lizzy royal purple teapot is the perfect mix of trendy and traditional for the tea lover on your list. It's made of porcelain and coated in touchable purple silicone, \$22.95. Available at cb2.com and CB2 stores.

**5 Keep it salty**

For a classy kitchen touch, give someone this "French kitchen" marble salt cellar. It's neutral enough to match any decor, so no need to visit first to find out their colour palate, \$24.95. Available at crate-andbarrel.com and Crate and Barrel stores.



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JOHANNA SCHNELLER
WHAT I'M WATCHING

A discomfiting parade of jokes

THE SHOW: *Gilmore Girls: A Year in the Life, Episode 2* (Netflix)
THE MOMENT: The gay pride discussion

"Two months ago I announced that we would hold the first annual Stars Hollow Gay Pride Parade," Taylor (Michael Winters) says at a town hall meeting. "But there just aren't enough gays in Stars Hollow."

"How is that possible?" asks Lorelai (Lauren Graham).

"We have such cute houses," says Babette (Sally Struthers).

"So far the list is miniscule," Taylor says. "We have Donald."

"Hi, everybody," trills Donald (Sam Pancake), sporting a lavender tee and white blazer, très Miami Vice.

"I have contacted neighbouring mayors to see if they'll lend us some of their gays, but so far not a one has cooperated," Taylor says.

"We leant them our riding mowers one year," a townsman says. "Why can't they lend us their gays?"

I have a weakness for the song "Feel Like Makin' Love" by Bad Company. It may be cheesy but I can't tell, because I was 13 when it dropped, and it carved a neural pathway of happiness. This is the only way I can explain why people are snifle-smiling through this 10-years-later sequel to *Gilmore Girls*, the series.

I didn't watch the show, so its crazy veers from snappy pop culture references to sappy nostalgia to fairly tough emotional confrontations is somewhat baffling to me. (I find the conversation above embarrassing; others see charming.)

That



Gilmore Girls veers from sappy to referential. CONTRIBUTED

said, it does radiate a woodstove's worth of warmth, and maybe we need that, with all the cold, sheeting fear we're feeling after the U.S. election. FYI, my fave pop culture reference: Sooki's rooster, Cogburn. Look it up.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Advice for Kanye West

CELEBRI-FRIENDS

'Take your time' says dancer and pal of rapper

Teyana Taylor has some practical advice for her mentor, Kanye West.

The singer-dancer, who has performed with the Grammy-winning artist, wants him to take his time recovering.

"Take however much time you need, you know. Time heals all," Taylor told The Associated Press on the red carpet Friday for

the VH1 Divas Holiday: Unsilent Night show.

"He's a workaholic. He worked his (expletive) off. And if he needs to get his mind right, then I think everybody should respect that and let him do that," Taylor said.

Last month, West was hospitalized in Los Angeles after displaying erratic and angry behaviour. It forced him to cancel the remaining 21 dates on his tour.

Taylor said she's stayed in touch with West.

"I sure have. That's what family is supposed to do. He definitely knows that his friends and his family's in his corner for sure," Taylor said.

THE ASSOCIATED PRESS



Teyana Taylor MICHAEL LOCCISANO/GETTY IMAGES

MOVIES

Rogue One footage teases origin story

The secretive Star Wars spinoff

movie *Rogue One* just got a little more tangible.

Disney and Lucasfilm unveiled 28 minutes of footage for reporters on Friday at Skywalker Ranch, teasing the origin story of the band of rebels who aim to steal the plans for the Death Star — the event that sets into motion the plot of the original 1977 *Star Wars*.

The footage skipped around in time and story line, but essentially sets up a world on the brink of rebellion. The Empire's agents are everywhere, with stormtroopers roaming the streets searching for dissidents.

We meet the protagonist, Jyn Erso, as a young child whose parents, Galen (Mads Mikkelsen) and Lyra (Valene Kane), are of particular interest to the Empire, and specifically to Ben Mendelsohn's Direc-



Felicity Jones JONATHAN OLLEY/LUCASFILM LTD./THE ASSOCIATED PRESS

tor Orson Krennic. Without revealing anything else, it's the specific origin story that still eludes audiences when it comes to the most recent *Star Wars* heroine, Rey. But twists and turns seem to await specta-

tors in *Rogue One*, which finds a grown Jyn (Felicity Jones) in cahoots with the rebel alliance on a dangerous mission to try to stop the Empire from building their planet destroyer.

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Marc Jacobs said he has "no interest whatsoever" in dressing Melania Trump, while **Tommy Hilfiger** told trade magazine *Women's Wear Daily* that he was willing. GETTY IMAGES FILE PHOTO

Who will dress Trump?

FASHION

Designers divided on working with next first lady

First-lady-to-be Melania Trump likely won't be wearing designer Tom Ford's clothes in the White House.

Some of the designers who clamoured to dress first lady Michelle Obama have been mixed about dressing Trump, a former model. Ford became the latest to weigh in on the matter during an appearance this week on *The View*.

The designer was asked to dress Melania Trump "quite a few years ago," and declined because "she's not necessarily my image," he said on the ABC chat show Wednesday.

Ford is a Democrat and voted for Hillary Clinton in the presidential election, he said, before adding that even if Clinton had won, she shouldn't have worn his clothes because "they're too expensive." His clothes cost a lot to make and the president needs to "relate to everybody," he said. Asked if Melania Trump

should wear expensive clothes, Ford replied: "I'm going to leave that to Melania."

Ford was willing to dress first lady Michelle Obama for a London visit with Queen Elizabeth II in 2011 and isn't the first to be less enthusiastic about outfitting Trump.

Sophie Theallet, whose designs have been worn by Michelle Obama on several occasions, wrote in an open letter last month that she would not dress Melania Trump, and specifically brought up politics in urging her colleagues to take the same tact.

"The rhetoric of racism, sexism, and xenophobia unleashed by her husband's presidential campaign are incompatible with the shared values we live by," Theallet wrote.

The letter prompted *Women's Wear Daily*, which covers the fashion industry, to survey other prominent designers on the question of working with Trump, who began modelling in Paris and Milan at age 16 before settling in New York 20 years ago.

While Marc Jacobs said that he has "no interest whatsoever" in dressing Mrs. Trump, Tommy Hilfiger told the trade magazine he was willing, calling her "a



"I was asked to dress her quite a few years ago and I declined. She's not necessarily my image." Designer Tom Ford

"Checking someone's ethical beliefs before they're allowed to purchase sets up an exclusionary dynamic that feeds into the exact mentality that is preventing us from moving forward in a positive direction."

Designer Cynthia Rowley



beautiful woman who would make any designer's clothes look great."

Cynthia Rowley told *WWD* the

question was "somewhat irrelevant," since Trump can simply buy whatever she wants to wear.

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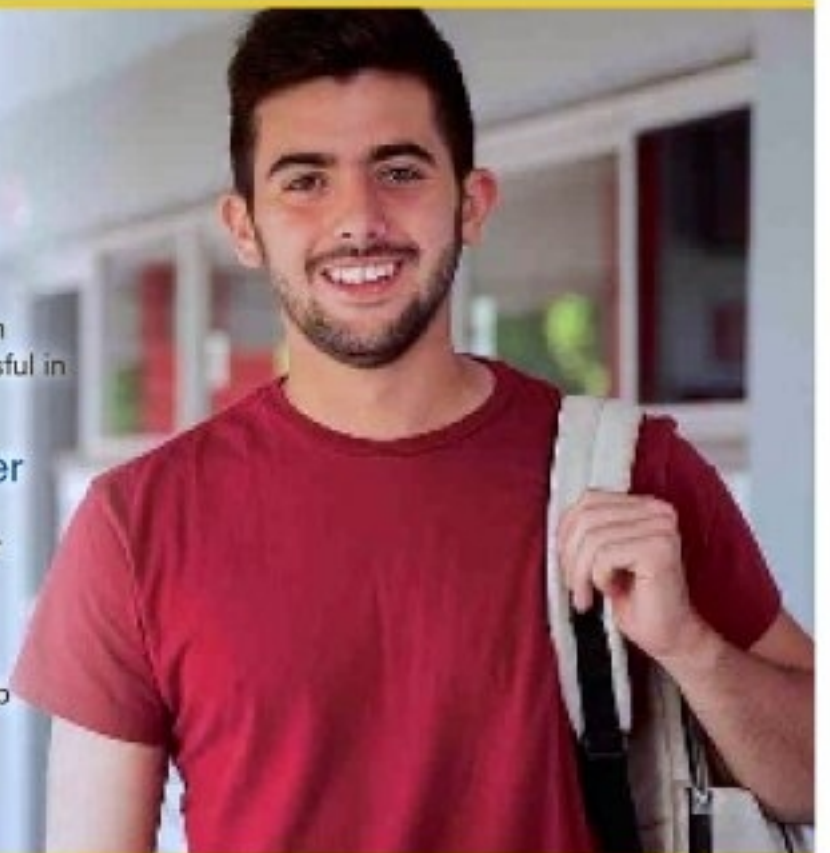
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WHY I LIKE MY JOB

Kayleigh Johnston, 24, front-end web developer/UX designer at Sheridan College

I've been interested in computers for as long as I can remember. In high school, I was very creative and loved to take arts, music and technology classes. My all-time favourite class was communications technology, where we learned about all things audio-visual, media, marketing, advertising, design and beyond.

This passion eventually led me to Durham College's internet applications and web development diploma program. After my first day of classes, I knew that this was the right industry for me. I loved all of my courses and was fascinated with anything and everything "web."

Since graduation I've worked for software companies, design studios and for internal marketing teams on both a full-time and freelance basis. My primary responsibilities include designing and developing layout solutions for new micro-sites and web pages, troubleshooting issues and bugs within existing code, and advising on potential improvements to websites in terms of speed, accessibility, readability and visual interest.

I love being able to use Content Management Systems (CMS) and API integrations to create dynamic website solutions that work well for both the end-user and website administrator. I also love that in this role my creativity is always welcomed and utilized.



THE BASICS: Web Developer

\$49,700

Median salary for a professional web developer. Senior-level developers can earn upwards of **\$90,000** annually.

+16%

Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, internet-livestats.com, trade-schools.ca and onetonline.org

HOW TO START

You can select from a number of college diploma, post-graduate or certificate programs like web design, interactive media design and internet applications development. Some bachelors of science or information technology train students to design and create websites. Developers should be well-trained in web programming, project management, digital design and web application development.

WHERE YOU CAN GO

Whether the focus is on front- or back-end design, opportunities are vast. Established businesses, government agencies and start-up companies are migrating to the digital world, requiring websites and internet applications to stand out against competitors. As the world grows reliant on mobile technology, future developers will need to understand how to create responsive websites for smartphones and tablets.

NEXT CAREER STEP

A web developer is continuously learning. A standard Google search will produce thousands of articles, blog posts and online tutorials promoting the most recent advances in programming languages and digital art tools. As a web developer gains experience, he or she may advance to a senior developer role or branch out to the exciting world of freelance.

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Penny Oleksiak returns to international competition at the FINA world short-course championships on Tuesday in Windsor, Ont.

Win No. 201 for Brady

NFL

Patriots star becomes winningest QB ever in league

Tom Brady now stands alone when it comes to career wins by an NFL quarterback.

Brady became the league's leader in victories among QBs, earning his 201st by throwing for 269 yards and a touchdown to lead the New England Patriots past the struggling Los Angeles Rams 26-10 on Sunday.

Brady, who was 33 of 46, had tied Peyton Manning last week in a win over the New York Jets.

"It's always been about winning, and I've been very fortunate to be on a lot of great teams," Brady said of reaching the milestone. "I'm just really grateful."

His lone touchdown pass came on a 14-yard pass to Chris Hogan in the first quarter. LeGarrette Blount scored the game's first touchdown, rumbling for a 43-yard, ankle-breaking score in the first quarter while spinning around safety Maurice Alexander in the process. He finished with 88 yards on 18 carries.

The Patriots (10-2) have won seven of their last eight as they prepare for a tough stretch against three teams with winning records over their final four regular-season games.

They may be forced to face one or more of them without receiver Danny Amendola, who left Sunday's game in the third



Patriots quarterback Tom Brady completed 33 of 46 pass attempts for 269 yards and a touchdown against the Rams on Sunday in Foxborough, Mass. MADDIE MEYER/GETTY IMAGES

quarter with an ankle injury, and was later spotted in the tunnel post-game walking on crutches.

Should he miss any playing time, it would be the latest blow to a team that's already lost tight end Rob Gronkowski to season-ending back surgery last week.

On the same day that Los Angeles coach Jeff Fisher and general manager Les Snead were given contract extensions, the recently relocated Rams (4-8) proved they still have a long way to go after losing for the

seventh time in eight outings.

The Rams entered the game ranked 31st in total offense, averaging just 295 yards per game. Those struggles continued Sunday. They managed just 25 yards in the first half, the fewest by a team in a game this season.

Los Angeles was outgained 402-162 for the game.

In his third career start, rookie Jared Goff was picked off twice, completing 14 of 32 passes for 161 yards.

THE ASSOCIATED PRESS

GOLF

Tiger in good health in return

The return of Tiger Woods was more about the big picture than any of his big numbers.

And that started with the sight of that red shirt on Sunday.

Woods grumbled about three more double bogeys in the final round of the Hero World Chal-

lenge. Considering how badly he has felt in the 15 months since he last played, he still was able to keep it in perspective. "It feels good to be back out here playing again, competing and trying to beat the best players in the world," Woods said. "I missed it. I love it."

He even loved some of his golf at Albany. Woods made 24 birdies, the most of anyone this week. He also had six double bogeys, three of them in the final round. The last one on the final hole, his third of the week on the 18th, gave him a 4-over 76. It was the highest score of the tournament, and he finished 15th (4 under par) in the 17-man field.

The other players were not about to measure him by his score — not yet, anyway. "It's great to see him back and healthy and playing. I want to see him up in contention and try to beat him when it matters the most," said British Open champion Henrik Stenson, who finished second. "Give him three or four tournaments, maybe six tournaments, maybe around the Masters. It's easy to overanalyze a very limited amount of golf."

"What he did here showed that he's certainly up for the task and his game is there. He's ready to go," Jordan Spieth said. "Even with Tiger, every time we set expectations, he exceeds them."

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Hideki Matsuyama finished at 18 under par to earn his third straight win.

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THE WINNER

Hideki Matsuyama finished at 18 under par to earn his third straight win.

SCORES

Thursday

Cowboys 17, Vikings 15

Sunday

Ravens 38, Dolphins 6

Broncos 20, Jaguars 10

Bears 26, 49ers 6

Chiefs 29, Falcons 28

Bengals 32, Eagles 14

Packers 21, Texans 13

Patriots 26, Rams 10

Lions 28, Saints 13
Raiders 38, Bills 24
Cardinals 31, Redskins 23
Steelers 24, Giants 14
Buccaneers 28, Chargers 21
Carolina at Seahawks*

Monday

Colts at Jets

*Sunday's late game

CURLING

Jones bests Homan to win Canada Cup

Winnipeg's Jennifer Jones downed Ottawa's Rachel Homan 9-5 to win the women's 2016 Canada Cup of Curling title on Sunday in Brandon, Man.

Jones took a 5-0 lead after a steal of four in the third end and cruised to the third Canada Cup title of her career.

Homan and Jones have both already earned a spot in next year's Olympic curling trials.

"For me it was just getting back on the ice after having (daughter Skyla) and just seeing



Jennifer Jones
GETTY IMAGES

where we're at," Jones said. "We have another year until the trials to try and improve."

THE CANADIAN PRESS

Later Sunday, Winnipeg's Reid Caruthers beat Brad Gushue's rink from St. John's, N.L., 8-6 in the men's final to earn a spot in the Olympic qualifying event.

IN BRIEF

Switzerland's Gut back on top at Lake Louise

Lara Gut of Switzerland won Sunday's super-G at the Lake Louise World Cup. It was her third super-G victory at the Alberta resort after wins in 2014 and 2013.

The race was delayed and shortened due to heavy snow.

Gut's time was one minute 2.68 seconds. Tina Weirather of Liechtenstein was second a tenth of a second back.

THE CANADIAN PRESS

PREMIER LEAGUE

Late lapses cost Liverpool, United

Individual errors proved costly for Liverpool and Manchester United on a day of late goals and incredible comebacks in English soccer on Sunday.

Liverpool conceded three goals in the final 20 minutes to lose 4-3 at Bournemouth in the Premier League. The collapse was sealed when Liverpool goalkeeper Loris Karius fumbled a

shot in the third minute of injury time, gifting Nathan Ake the chance to grab the winner.

Hours later, United was held 1-1 at Everton after Marouane Fellaini conceded an 88th-minute penalty with a clumsy foul, two minutes after coming on as a substitute. Leighton

Baines scored from the spot.

THE ASSOCIATED PRESS

2

Manchester United has just two wins since Aug. 27.

MAKE IT TONIGHT

Fun Margherita Pizza Waffles



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

• 1 cup marinara sauce

Directions

1. In a large bowl, whisk together flour, baking powder, baking soda, salt and garlic powder. Add the milk; stir until blended.

2. Heat your waffle iron to desired temperature.

3. Ladle the batter into pre-heated waffle iron and sprinkle with 1/4 cup mozzarella and basil. Cook the waffles until golden and crisp.

4. Serve immediately with an extra sprinkle of mozzarella, Parmesan cheese and a side of marinara sauce for dipping.

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When Pizza met Waffles; it's a love story between our favourite-ever foods and it ends with an irresistible dinner on your plate. Cue applause.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

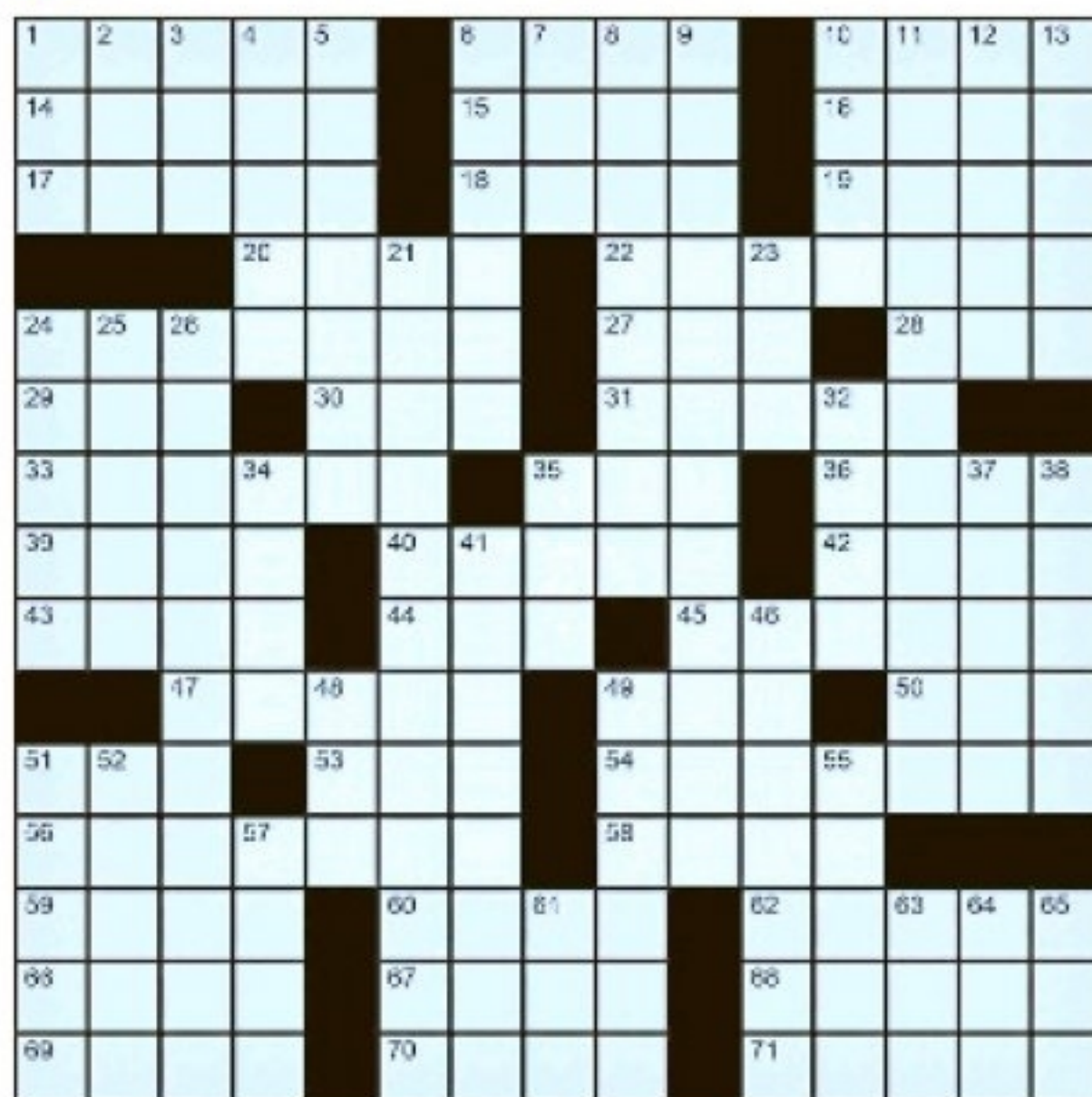
- 3 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 tsp garlic powder
- 2 1/2 cups milk
- 1 cup cubed mozzarella
- freshly chopped basil
- 1/4 cup fresh shaved Parmesan cheese

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Close but no _"
6. Anti-apartheid activist Desmond
10. Chew at
14. Famous beach in Australia
15. Preachy positive
16. Puerto _
17. Pre-surgery cleanse
18. Tussle
19. Mr. Stravinsky
20. Drip-drop reason
22. Elvis: Grace-land's location
24. Bitter
27. Classic range cooker company
28. Ka-boom-er!
29. Tic-Tac-Toe loser
30. Raggedy Ann's hair
31. Big name in dance in Saint Petersburg
33. Saskatchewan village; or, "CHiPs" star Larry
35. "For _ a jolly good..."
36. Told a tale
39. Family suffix in zoology
40. _ your own course
42. _ _ other (Without equals)
43. Mr. Saarinen of architecture
44. Asleep
45. Figurine
47. Old Testament hymn
49. Rock logo insurance co.
50. City in Florida, briefly
51. Kingston Trio hit
53. Science eggs



54. Get even more suds off
56. Hurry up and enter: 3 wds.
58. "Peculiar"-meaning prefix
59. Actor, Corbin _
60. Mineral deposit
62. "Are we still _ Saturday?" (Weekend-

- planner's query)
66. Ailments
67. Ms. Tyler's
68. "U" of UHF
69. Knight's adventurous tale
70. Modify manuscripts
71. Actor, Max von Who?

DOWN

1. TV network
2. World games org.
3. Slash's rock gr.
4. _ Contemporary (Music category)
5. Alfonso of "The Fresh Prince of Bel-Air"
6. Assigned to a chore

7. Li'l baseball official
8. Coffee preparer's opposite: 2 wds.
9. Not officially recorded
10. Film set job
11. The painting at #21-Down is featured on the cover of what

- 1973 Bruce Cockburn album?: 2 wds.
12. "Does anybody have _ _?" (Pre-game toss query)
13. Brooklyn Bridge tune: " _ That Could Happen"
21. Canadian artist (b.1920 - d.2013) of 1954 iconic painting Horse and Train: 2 wds.
23. Wreck
24. Mr. Mandel of "America's Got Talent"
25. Rusty stuff, Iron _
26. Green energy additions to homes: 2 wds.
32. Patron saint of Norway
34. Corp. leaders
35. Chapeau: English
37. Tech sch. grads
38. "Republic of _"
41. Man-like robot
46. Raging
48. Get an " _ _" as per school assignments
49. Man of the collar
51. Canadian chocolate bar: 2 wds.
52. Bridal fabric
55. "If _ Had a Brain": The Scarecrow's theme
57. Dethrone
61. Gladiator's 506
63. Bouquet delivery letters
64. _ Medonte (Ontario township)
65. Sore

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to schmooze and enjoy the company of others. However, postpone important decisions until tomorrow. Shop for gas or food only.

Taurus April 21 - May 21
Details about your personal life might be more public than you expect them to be today. Someone is checking you out. Postpone important decisions until tomorrow.

Gemini May 22 - June 21
You might want to make travel plans or explore matters in medicine and the law. Do your research and homework, but wait until tomorrow to initiate any action.

Cancer June 22 - July 23
This is a poor day to make decisions about shared property, taxes, debt, inheritances and insurance matters. Just do your homework and get the facts.

Leo July 24 - Aug. 23
You will have to go more than halfway when dealing with others today because the Moon is opposite your sign. This is a good day to be social. Keep things light.

Virgo Aug. 24 - Sept. 23
Be careful at work today, because this is a bad day to volunteer for anything or agree to anything important. Just keep your head down and your powder dry.

Libra Sept. 24 - Oct. 23
This is a wonderful, creative, fun-loving day! Use today's energy for artistic projects, schmoozing with others and enjoying playful activities with children.

Scorpio Oct. 24 - Nov. 22
This is a good day to play hooky and just stay at home. Don't shop for anything other than gas and food. Don't make important decisions.

Sagittarius Nov. 23 - Dec. 21
This is a loosey-goosey day. Short trips, errands and conversations with everyone will be pleasant. Don't expect too much from others or yourself. Just coast.

Capricorn Dec. 22 - Jan. 20
Avoid important financial decisions today. If shopping, buy gas, food or minor things only — no major purchases.

Aquarius Jan. 21 - Feb. 19
You might feel more emotional than usual today, because the Moon is in your sign. You will also feel a bit disconnected and indecisive. No worries, because this feeling is gone by tomorrow.

Pisces Feb. 20 - March 20
People are impressed with you. However, take note: Don't volunteer for anything today, and do not agree to anything important. Postpone important decisions until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				3		9		5
	7		2				1	
					1			8
	4			9	3	6		
9			8	5	4			3
				4				
8		9			7		2	
7		1		6				

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9	1	5	2	3	4	6	7	8
4	7	2	8	5	6	3	1	9
3	8	6	9	7	1	2	4	5
7	9	1	4	6	2	5	8	3
2	6	3	1	8	5	7	9	4
5	4	8	7	9	3	1	6	2
8	3	7	6	2	9	4	5	1
6	5	4	3	1	8	9	2	7
1	2	9	5	4	7	8	3	6

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